

Briefs . . .

Audie Murphy induction ceremony

A Sergeant Audie Murphy Club induction ceremony will be held Friday at 3 p.m. at Blesse Auditorium. The guest speaker will be Sgt. Maj. John Thompson, of the Army Medical Department Personnel Proponent Directorate. For more information, call Sgt. 1st Class Brande Dietrich at 221-0240 or Sgt. 1st Class Isaac Day at 916-5991.

AECP ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Friday at 9 a.m. at the Roadrunner Community Center. AECP provides eligible active duty Soldiers the opportunity to complete a bachelor’s degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Sgt. 1st Class Kevin Moore at 221-3083 or Anna Prescott at 221-5582.

Newcomers’ Extravaganza

A Newcomers’ Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. The event is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of arrival. Attendees will learn about Fort Sam Houston and the San Antonio area. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Family members are welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705 or 221-2418.

Collateral Duty Safety Officer training

The safety office will sponsor collateral duty safety officer training Tuesday from 8 a.m. to 4 p.m. in Willis Hall, Building 2841, Room 2122. For more information or to sign up, call Richard Edges at 221-3857.

Museum dedication

The Spurgeon Neel Aeromedical Evacuation Pavilion will be dedicated Sept. 29 at 10 a.m. at the Army Medical Department Museum. Maj. Gen. Spurgeon Neel, a Medal of Honor recipient, is known as the “father of aviation medicine” for his work in promoting the use of helicopters for rapid evacuation of wounded Soldiers. For more information, call the museum at 221-6358.

Hispanic Heritage Month luncheon

A Hispanic Heritage Month luncheon will be held Oct. 3 from 11:30 a.m. to 1 p.m. at the Sam Houston Club. The educational event includes food, entertainment and guest speaker, retired Maj. Gen. Alfred Valenzuela. The cost is \$10. For tickets, contact a unit equal opportunity adviser before Tuesday.

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Photo by Elaine Wilson

Hiring heroes

Sgt. Sandra Scott, a wounded warrior recovering at Brooke Army Medical Center, discusses job opportunities Tuesday with Calvin Holland, from the Washington-Harris Group, at the Hiring Heroes Career Fair at the Sam Houston Club. More than 200 wounded warriors, veterans and families attended the job fair; many walked away with more than one job prospect. See related story on Page 4.

Space somersault salutes wounded warriors

By **Nelia Schrum**
Brooke Army Medical Center Public Affairs

An Army astronaut orbiting 220 miles above the earth did a somersault Sept. 14 for wounded warriors recuperating at Brooke Army Medical Center.

Hooked up to BAMC through a NASA video teleconference, Col. Jeffrey Williams performed a sideways somersault for 15 wounded warriors talking with the astronaut, who serves as the flight engineer and science officer for Expedition 13.

From his outpost in outer space, Williams quipped to the wounded, “How often do you see a colonel do a somersault for you?”

The video conference was arranged after Williams asked NASA to reconnect him with the wounded warriors. Some of the BAMC patients had already met the astronaut once on a

video teleconference when they toured the Johnson Space Center in Houston in June.

The first voice the group heard on the teleconference was the Army astronaut, a West Point graduate.

“This is the International Space Station, can you hear me?” said Williams. The group responded, “Loud and clear.”

Williams told the wounded warriors that not a day goes by that he didn’t think about troops fighting in the Global War on Terrorism. As he welcomed the group aboard the International Space Station, he said he considered the wounded warriors heroes.

“I think very highly of those who are willing to serve our country and put themselves in harm’s way – those who understand what duty and service is,” he said. “You all have demonstrated that and made some obvious sacrifices.”

See **SPACE SOMERSAULT** on Page 4



Photo by Esther Garcia

Summer Gazebo Concert

The U.S. Army Medical Command Band will perform Sunday at 6 p.m. at the gazebo on Staff Post Road. The Summer Gazebo Concert is hosted by Brig. Gen. James Gilman, commander, Brooke Army Medical Center. Bring a lawn chair, blanket and enjoy a variety of songs to include “West Side Story,” “A Symphony of Sit-Coms,” “Hooray for Hollywood,” “The Wizard of Oz,” “Boys of the Old Brigade March,” “Jubilation Overture,” “An American Symphony,” “American Soldier,” and everyone’s favorite, “Stars and Stripes Forever.”

Don't bring politics into workplace

The U.S. Office of Special Counsel recently took disciplinary action against a Veterans Administration employee who distributed campaign stickers at his place of employment in support of Senator John Kerry's candidacy for president of the United States.

The employee was charged with engaging in political activity while in a government room or building, according to a U.S. Office of Special Counsel news release.

Military members and government

civilians should be aware of what they can and can't do in the political arena to avoid a similar outcome.

Army Soldiers and government civilians may participate in political activities, according to Department of Defense Directive 1344.10. However, there are limits as to the extent of involvement.

Guidelines for military members

Military members may register, vote and express personal opinions; encourage other military members to exercise voting rights; join a political club and attend

political meetings and rallies as a spectator when not in uniform; make monetary contributions to a political organization; sign petitions for specific legislative action or place candidate's name on the ballot; write letters to the editor expressing personal views (so long as not a part of an organized letter-writing campaign); and place a bumper sticker on their private vehicle.

Military members may participate in local nonpartisan political activities so long as the military member is not in uniform, does not use government property

or resources, the activity does not interfere with duty and there is no implied government position or involvement.

Military members may not use official authority to influence or interfere; be a candidate, hold or exercise functions of a civil office; participate in partisan political campaigns, speeches, articles, TV and radio discussions; serve in an official capacity or sponsor a partisan political club; conduct a political opinion survey; use contemptuous words against certain

See **POLITICS** on Page 5

Fort Sam Houston News Leader

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Army’s vice chief salutes wounded for courage

By **Nelia Schrum**
Brooke Army Medical Center Public Affairs

Speaking at a Brooke Army Medical Center Purple Heart Ceremony Saturday, the Army’s Vice Chief of Staff Gen. Richard A. Cody said the country had been blessed by the young men and women serving in the Army who have kept terrorists off the shores of America.

“Five years into this Global War on Terrorism this country has been blessed, by not just the Soldiers here today who have given so much, but by the 300,000 plus Soldiers in 120 countries that are keeping us free and keeping the terrorists off our shores,” Cody said.

Pointing out that all of today’s Soldiers were volunteers, Cody said Soldiers, “had the courage, the sense of integrity and selfless service to raise their right hand and tell America that in your time of need – send me, I’ll defend this country.”

Cody said he particularly wanted to thank the wounded warriors at BAMC “for the courage that they displayed on the battlefield, for the trust that they showed by standing side by side with their fellow Soldiers on the battlefield in combat, and for the faith that they have in this county.”

Having two sons who have served five combat tours in Iraq and Afghanistan between them, the general said he understood the fears of families who have a loved one in harm’s way. Saying the families were heroes in their own right, he said it was tough to be a family member of someone who was wounded.

“Your Army is dedicated to not just your Soldier – but to you family members,” Cody said. “We will stay with you as your Soldiers rebuild themselves. We will be with you every step of the way through the Army Wounded Warrior Program. We will never leave a fallen comrade.”

Telling the audience that although the Purple Heart was a badge of courage, he wished he never had to present a Purple Heart to any Soldier because it meant that each of the wounded had given a part of themselves.

“Forever more each one of you will be in the annals of history as a Soldier of courage, as a Soldier of bravery who has given part of yourself for this great country.”

The general thanked the BAMC health care team for the difficult work in restoring the wounded to health. “Keep up the great work,” he said. “This is tough business you are in, but you are absolutely angels taking care of our Soldiers.”

The Purple Heart recipients included:

Capt. Scott Leifker, a military police officer who hails from Iowa, was assigned to the 2-501st located in Baumholder, Germany, when he deployed. He was injured Aug. 21 by a bomb blast while participating in an operation near an Iraqi police station.

First Lt. Jabari White, an armor officer from Fort Campbell’s 101st Airborne Division, was on a route clearance mission June 23 when his vehicle was attacked. The vehicle caught fire and he suffered burns over more than 60 percent of his body. White, who was scheduled to receive a bedside Purple Heart from the Army’s vice chief, insisted on putting on his uniform and standing for the presentation of the Purple Heart.

Cpl. Cesar Garcia, an infantryman assigned to Fort Campbell’s 2-512nd Infantry, sustained his injuries June 16 during combat operation when a roadside bomb exploded hitting the up-armored Humvee he was driving. Garcia lost his left leg below the knee. His family joining him for the Purple Heart ceremony was also celebrating his 20th birthday.

Spc. Christon Stone, an Oklahoma National Guard Soldier who works as a motor transport operator, was injured Aug. 23 in Iraq while providing security for a convoy. Her vehicle was struck by a blast from a roadside bomb.

Pfc. Chalokee Hunter, from Ontario, Calif., a cavalry scout assigned to the 4th Infantry Division, Fort Hood, Texas, was injured March 19 while on patrol. Hunter sustained shrapnel injuries to his leg and ankle when a rocket-propelled grenade exploded.

Pfc. Luis Alamo, who is assigned to Fort Polk, La., as an indirect fire infantryman, was injured June 23 while on a combat patrol. His patrol was hit by small arms fire. The Arizona native suffered a gunshot wound to his right arm.

The vice chief of staff said that the wounded Soldiers continue to amaze him. “I see them walking on two prosthetics or burned. Their courage in combat and courage to recover from their wounds is inspiring.”

In addition to the Purple Hearts presented in the auditorium, Cody presented two medals to wounded warriors bedside in BAMC’s Burn Center.

Cody presented a Purple Heart medal to **Staff Sgt. Victor Dominguez**, an infantryman from the 101st Airborne Division. He sustained significant burns July 13. Also receiving a Purple Heart bedside was Arkansas native **Pfc. Andrew Loe**, who is an infantryman assigned to Fort Hood’s 4th Infantry Division.



Photo by Sgt. 1st Class Darren Heusel
Gen. Richard A. Cody (right), vice chief of staff of the Army, shares a light moment with Pfc. Luis Alamo (seated far left) and friend, Patricia Buchholz.



Photos by Michael Dulevitz
Spc. Christon Stone, Oklahoma National Guardsman, receives a Purple Heart from Gen. Richard A. Cody.



Pfc. Luis Alamo is congratulated by Gen. Richard Cody, vice chief of staff of the Army, after receiving his Purple Heart.



Capt. Scott Leifker, injured Aug. 21 in Iraq, receives his Purple Heart from Gen. Richard A. Cody, Army vice chief of staff, Saturday in a ceremony at BAMC.



First Lt. Jabari White receives a Purple Heart from Gen. Richard A. Cody, vice chief of staff of the Army, Saturday in a ceremony at Brooke Army Medical Center. Originally scheduled to receive the award at bedside, he donned his uniform and walked to the stage from his wheelchair to receive the award from Cody.



Infantryman Cpl. Cesar Garcia receives a Purple Heart Saturday from Gen. Richard A. Cody, vice chief of staff of the Army. Garcia lost his leg due to a roadside bomb blast while serving in Iraq.



Gen. Richard Cody congratulates Pfc. Chalokee Hunter after awarding him a Purple Heart. Hunter was injured by a rocket-propelled grenade in Iraq.

‘Hiring Heroes’ paves road to new careers

Story and photos by Elaine Wilson
Fort Sam Houston Public Information Office

Navy Petty Officer 2nd Class Alex Morales may have lost both his legs while on a training mission in Iraq, but he was standing tall Tuesday at the Hiring Heroes Career Fair on Fort Sam Houston.

Morales walked away from the job fair with several enticing offers of employment, including one from Northrop Grumman, a global defense company committed to hiring wounded warriors.

“He’s giving me a job,” said Morales, speaking of company recruiter Larry Rutherford. “I have a list of jobs in Illinois and I’m going to research each one and let him know which one is the most appealing.”

Morales was one of the 200 wounded warriors, veterans and family members who stopped by the career fair to explore job opportunities and hone interview skills with job recruiters. Forty-five recruiters from Department of Defense and federal agencies and private sector companies set up shop at the Sam Houston Club to entice wounded warriors and their families with job offers.

“We’re targeting service members wounded in opera-

tions Iraqi or Enduring Freedom but others have stopped by,” said Sharon Ferguson, director of the Civilian Personnel Advisory Center at Fort Sam Houston. “We’re not turning anyone away.”

In its second year, the Hiring Heroes program has helped more than 1,000 injured service members and their families connect with potential employers.

“Our career fairs are a way to give hope and show the service members that someone cares,” said Karen Hannah, Hiring Heroes program manager. “I’ve had sev-



Sgt. Christopher Kind shakes hands with job recruiter Robert Ervin, from Walgreens, Tuesday at the Hiring Heroes Career Fair. Forty-five employers attended the career fair to present job opportunities to service members like Kind, who was wounded by a mortar blast while supporting Operation Iraqi Freedom.



Karen Bishop, from Air Force Personnel Center recruiting and placement, helps Spc. Charles Harris build a resume Monday at the Resume Writing Extravaganza at the Sam Houston Club. Harris was one of 20 medical hold Soldiers from Fort Hood, Texas, who drove to San Antonio for the career fair. More than 70 service members attended the resume-writing training, which preceded the job fair and was facilitated by 25 volunteers from Fort Sam Houston, Randolph Air Force Base and Fort Hood.

eral recruiters who served in Vietnam tell me it would have been great if there was something like this for them.”

The fair at Fort Sam Houston is the seventh in just two years, with the first held at Walter Reed Army Medical Center in Washington, D.C., in April 2004.

“I know of at least 70 job offers so far in the past two years,” Hannah said. “And that’s not including all of the offers that will come once service members leave the hospital.”

The career fair at Fort Sam Houston is sure to boost her tally, with a packed room of service members eager to work and employers anxious to hire them.

Lt. Col. Rod Santellanes, from National Lending Corporation, said he met more than a few

promising candidates. “We’re looking to fill part and full time positions,” said the Army reservist. “I’m so proud to have the opportunity to serve the heroes of America.”

At the Northrop Grumman booth, Rutherford said the company is looking to support both the service member and caregivers. “If a service member can’t work, then we’ll hire a spouse or primary caregiver. We hired a father not long ago.”

Sgt. Christopher Kind said he hopes to work for a company like Northrop Grumman, which has positions in the Pacific theater, where he hopes to move.

Kind is due to be released from the military in a few months after a long recovery at Brooke Army Medical Center. He was injured in a mortar blast in Iraq.

“I was in Iraq for about two months when it happened. One night we were getting ready to ‘bed down’ and I remember talking with a friend, mostly just gossip. The next thing I knew, I woke up here (at BAMC),” he said.

Kind sustained burns on 45 percent of his body; however, the wounds have not stopped the logistics Soldier

See **HIRING HEROES** on Page 5

Space somersault

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Reviewing a busy week at the space station, he said the Shuttle Atlantis docked and two completed space walks went well. Williams said the view from the shuttle was fantastic, with the shuttle orbiting the earth every 90 minutes.

For 22 minutes, Williams answered questions posed by the group.

Williams said he was looking forward to returning to Earth. “You can relate to being in far off places for way too long,” he said.

Williams launched to space March 30 along with Russian cosmonaut Pavel Vinogradov, arriving at the International Space Station April 1. The three-member crew that also included German astronaut Col. Thomas Reiter is set to return to Earth in two weeks.



Wounded warriors recovering at Brooke Army Medical Center connect with Col. Jeffrey Williams, an Army astronaut, Sept. 15 on the International Space Station. Williams asked NASA as a special request to connect him with the patients.

The Army astronaut said that although he had spent a long time in what he affectionately referred to as a “tin can,” and away from family, he never experienced any boredom in space. With free time, he finds a window with a view to the Earth below.

The group asked him about sleeping in space.

The Army astronaut said he slips into a special sleeping bag in a crew area.

“Sleeping is a little tough to get used to,” Williams said. “I want to find a place to put my head and you just don’t do that up here.”

The astronaut said that although he was eating well and exercising on a treadmill, he had dropped eight to 10 pounds.

Asked about the chow, Williams told the group that MREs – meals ready to eat – were also available in space.

Asked where he we would eat first when he returned to the United States, Williams gave a smart reply.

“I’ll probably eat a meal prepared by my wife – she’s a great cook.” After that he said he would be looking for Tex-Mex food or a big Texas steak.

One of the wounded asked Williams if he thought the flight doctors would ever allow an amputee to go up in space.

“I’d say never give up,” Williams said. “Some of you and those who have gone before you have proven that you can do some pretty incredible things, even after amputation. So whatever your goals might be, I’d say pursue them and don’t give up.”

From his perch in space, Williams said he was rooting for the Army to win the West Point vs. Texas A&M match.

The Army astronaut said he planned to visit BAMC with his wife after getting back to Texas. Thanking the wounded for their service, he signed off by reminding them that “the cause is important and I know you are thinking about your buddies back in theater as I am.”

Lance Cpl. Matthew Sevald, who plans to go back to teaching, said he hopes to use the video



Col. Jeffrey Williams

conference experience in his classroom. “I’ll use this experience to motivate my students’ interest in history,” Sevald said.

Navy Petty Officer Derek McGinnis said the video conference to the International Space Station was motivational to him – especially the fact that a fellow service member had asked to speak with the wounded.

“The military is a family and team,” he said. “You can overcome obstacles and go on to do bigger and better things.”

Hiring heroes

Continued from Page 1

from moving on with his life. “I’m looking for work,” he said. “The folks at Northrop Grumman saw my resume and were impressed so I’m optimistic.”

“These service members have had their life turned upside down,” Hannah said. “At first their biggest fear was being wounded. Then, when the Soldier begins to recuperate, their biggest fears become: ‘Can I get a job?’ How will I support my family? And also, ‘Who will hire me now?’”

Hannah said she has no doubt that the career fair can help ease those fears. “The employers here today are willing to hire people and train them. Every service member has skills – a gunner has been taught how to train others, team build and organizational skills. There’s enough there to get an entry-level job.”

The career fair sets service members up for success since the companies in attendance all have something in common, she said. “They care.”

Hiring Heroes is co-sponsored by The Office of the Secretary of Defense, DoD’s Military Severely Injured Center and Monster.com, a networking hub for current and former military people, defense workers and their families.

For more information about Hiring Heroes events, call Hannah at 1-888-363-4872 or e-mail her at Karen.Hannah@cpms.osd.mil.



Ty Beck, from Jordan Ford, shows Staff Sgt. Rose Mays the modifications made to a full-sized van to accommodate a mobility-impaired passenger during the Ford Motor Company Mobility Transportation Seminar. Mays, from the Community Based Health Care Organization, traveled from Little Rock, Ark., to attend the Hiring Heroes Career Fair. She was accompanied by six wounded warriors seeking job opportunities.

Politics

Continued from Page 2

civilian leaders; march or ride in partisan parades; participate in organized efforts to transport voters to polls; promote political dinners or fundraising events; attend partisan events as an official representative of the Armed Forces; or display large signs, banners or posters on private vehicles.

Guidelines for civilians

According to 5 U.S.C. Sections 7321-7325 and 5 C.F.R. Part 733, generally government civilians may be candidates for public office in nonpartisan elections; register and vote as they choose; assist in voter registration drives; express opinions about candidates and issues; contribute money to political organizations; attend political fundraising functions; attend and be active at political rallies and meetings; join and be an active member of a political party or club; sign nominating petitions; campaign for or against referendum questions, constitutional amendments and municipal ordinances; campaign for or against

candidates in partisan elections; make campaign speeches for candidates in partisan elections; distribute campaign literature in partisan elections; and hold office in political clubs or parties.

Government civilians may not use official authority or influence to interfere with an election; solicit or discourage political activity of anyone with business before their agency; solicit or receive political contributions (may be done in certain limited situations by federal labor or other employee organizations); be candidates for public office in partisan elections; wear partisan political buttons on duty; or engage in political activity while on duty in a government office, while wearing an official uniform or using a government vehicle.

Failure to follow the guidelines may result in disciplinary action. When in doubt, contact an ethics counselor.

(Source: Medical Command Office of the Staff Judge Advocate: Capt. Jeffrey Bizon and Tina Travieso)

Briefs cont. . . .

Hispanic heritage

The Fort Sam Houston Museum has copies of “Hispanics and the Medal of Honor” on DVD and VHS available for loan. To reserve a copy, call 221-1886.

STB deactivation

The Special Troops Battalion deactivation ceremony will be held Sept. 29 at 8 a.m. at the main post flagpole on Stanley Road. For more information, call 221-0177.

Mediation, investigation fee increase

Effective Oct. 1, the Civilian Personnel Management Service (Office of Complaint Investigations) will increase its fee for OCI mediation and investigation services from \$250 to \$325 per mediation or investigation for each complaint filed against an organization. Payments must be processed electronically using the Government Purchase Card. Military Interdepartmental Purchase Requests must be submitted in a timely manner from the organization to the Human Relations/Equal Employment Opportunity Office to secure reimbursement. Payments will be processed by the Garrison resource management officer and reimbursed by the affected organization budget office. Organizations must provide the point of contact and phone number for their budget via e-mail to rosemary.galvan@samhouston.army.mil. For more information, call Rose Mary Galvan at 221-0218.

ID, CAC card issue

All customers — Soldiers, Department of the Army civilians, contractors, retirees and their family members — will be issued a Common Access Card and ID card by appointment only. Emergencies will be handled on a case-by-case basis. The average wait time for service may be an hour or longer. Personnel are advised to call early for an appointment, especially if the card is due to expire soon. The average wait time for an appointment is one to two weeks so people should plan accordingly. No appointment is required for PIN reset or to update certificates. To schedule an appointment, call 221-0415 or 221-2278.

232nd Med. Bn. Soldier crowned Fort Sam’s Military Idol

Story and photos by Elaine Wilson
Fort Sam Houston Public Information Office

A Soldier from C Company, 232nd Medical Battalion, shaked and shimmed her way to first place in Fort Sam Houston’s Military Idol competition Sept. 13.

With a flashy black dress and an attitude to match, Pvt. Christina Martin won over the judges and audience with a sultry version of “All That Jazz” from the Broadway hit, “Chicago.”

“I had a ton of fun performing,” Martin said. “It was my first time incorporating theater with my music, and I really tried to fill the role of Velma (from “Chicago).”

As Military Idol, Martin earned \$500 for herself and \$500 for her unit. The second place winner, Staff Sgt. Cornelius Whitaker, of B Company, Brooke Army Medical Center, took home \$250; and the third place winner, Pvt. Christina Olivier, of C Company, 264th Medical Battalion, received \$100.

Along with the cash, Martin also scored the opportunity to progress to the national competition. Nearly every Army installation worldwide hosts a Military Idol and a video of the post winner is submitted to an Army-level panel of judges. Only 12 vocalists are picked to progress to the finals, which

will be held Oct. 28 to Nov. 6 at Fort Belvoir, Va.

Unfortunately for Martin, as a combat medic-in-training still attending the Army Medical Department Center and School, she is unable to attend the finals so her video will not be sent for consideration. Instead, second place winner Whitaker will have an opportunity to compete at the national level.

Martin said, while disappointed, she is still proud of her win. “I was very excited to win, and I hope I have more opportunities to excel in music in the future,” said Martin, adding that her mom also was very proud of her.

The competition, based loosely on the wildly popular “American Idol” TV show, is in its second year. Unlike the season-long TV version that begins with thousands of hopefuls, Military Idol was two nights long and featured the singing talents of just eight Soldiers and one Airman.

The first night of the competition, the vocalists sang a cappella for a panel of three judges: Trini Reiter, a San Antonio talent agent; Felix Alvarado, a retired Soldier and talented singer; and Roni Garza, owner of A&R Productions. Unlike “American Idol,” the feedback was intended more as encouragement than criticism.

See **MILITARY IDOL** on Page 7



Pvt. Christina Martin, of C Company, 232nd Medical Battalion, wows the audience and judges with a sultry rendition of “All That Jazz” from the musical “Chicago.” Martin was named Fort Sam Houston’s Military Idol after a two-day competition Sept. 13 and 14.

Military Idol

Continued from Page 7

“We weren’t looking for a judge like Simon Cowell (from American Idol),” said Ben Paniagua, director of the Hacienda Recreation Center. “We don’t want to hurt anyone’s feelings; we wanted to encourage them and appreciate them. It takes a lot of guts to get up there.”

The finals took place the next night. This time, the vocalists sang with musical accompaniment.

“We started out with nine contestants the first night and still kept nine for the finals,” said Paniagua, adding that the exceptional talent made it hard to eliminate anyone.

But in the end there could be only one. “We tallied up the votes. The audience and judges each had 50 percent of the vote,” Paniagua said.

Whether they won or lost, Paniagua said every singer benefited from the experience. “In the beginning, they were hesitant, scared. But they really came out of their

shells,” he said. “It gave them a confidence in themselves they didn’t have before.”

Paniagua said he noticed a marked difference in several Soldiers, particularly Pvt. David Green, of C Company, 264th Medical Battalion, the eldest of 20 children. “He blossomed,” Paniagua said. “He was so quiet and shy when I met him but he discovered himself. I love that.”

Green overcame his shyness and performed with style, dancing and singing “One Little Slip,” by the Barenaked Ladies.

While some performances were met with louder applause than others, the audience seemed to enjoy all nine vocalists. “It was great,” said Spc. Indya Mann, C Company, 264th Medical Battalion. “I wish I would have known about it sooner; I would have competed.”

“There are so many Soldiers who love to sing and perform,” Paniagua said. “It’s great to have an event like this for them to participate in.”



Retired Sgt. 1st Class Debra Eaton (left), host of Military Idol, asks Staff Sgt. Ivella Dennis, of Brooke Army Medical Center, why she would like to be named Fort Sam Houston’s Military Idol.



(Above) Spc. Marilyn James, of the 470th Military Intelligence Brigade, hands a ballot to Ethan Lee so he can vote in the Fort Sam Houston Military Idol competition Sept. 14 at the Hacienda Recreation Center. James, a representative from Better Opportunities for Single Soldiers, volunteered to help at the event.

(Left) Pvt. Kimberly Ford, of C Company, 232nd Medical Battalion, livens up the evening with a boot-scootin’ version of “Here for the Party” by Gretchen Wilson.

Military Idol results

- First place:** Pvt. Christina Martin, C Company, 232nd Medical Battalion
Second place: Staff Sgt. Cornelius Whitaker, B Company, Brooke Army Medical Center
Third place: Pvt. Christina Olivier, C Company, 264th Medical Battalion

- Finalists**
Staff Sgt. Ivella Dennis, A Company, BAMC
Staff Sgt. Robin Farland, 32nd Medical Brigade Headquarters
Sgt. Aja Rucker, Headquarters Headquarters Company, BAMC
Pvt. David Green, C Company, 264th Med. Bn.
Pvt. Kimberly Ford, C Company, 232nd Med. Bn.
Air Force Senior Airman Eric Puckett, Defense Medical Readiness Training Institute

Hispanic Americans

‘Our rich culture contributing to America’s future’

Sept. 15 through Oct. 15 is designated as Hispanic Heritage Month. The observance begins Sept. 15 to mark the anniversary of independence for five Hispanic countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Also, Mexico declared independence Sept. 16 and Chile on Sept. 18.

On Sept. 17, 1968, Public Law 90-498 was approved by 90th Congress designating the week including Sept. 15 and 16 as “National Hispanic Heritage Week.” Years later, Public Law 100-402 was approved Aug. 17, 1988, by 100th Congress authorizing the designation of National Hispanic Heritage Month.

Hispanic-Americans made significant contributions to the development of the nation even before the days of Adm. David Farragut and the Civil War. Farragut’s father, a Spaniard, came to America in 1776 and fought for the country during the American Revolution and the War of 1812. More recently, Hispanics have made their mark in politics, public service, the entertainment industry, organized sports, business and science, as well as the military service.

In the entertainment world, Hispanic-Americans came to the forefront in the late 1980s and early 1990s.

Hispanics continue to distinguish themselves in the military service of their coun-

try. Hispanics have been awarded 39 Medals of Honor to date, more of the nation’s highest military honor than any other identifiable group. Some 20,000 Hispanics served in operations Desert Shield and Desert Storm, and many unsung Hispanic heroes have emerged from the ground war with Iraq.

Hispanic-Americans have made a difference in the history of this country. They leave a proud heritage for future Hispanic leaders of the 21st century to emulate.

Plan to participate in the many educational events that are being held throughout the city. Fort Sam Houston will host a Hispanic Heritage Month Luncheon Oct. 3 from 11:30 a.m. to 1 p.m. at the Sam Houston Club. The guest speaker will be retired Maj. Gen. Alfred Valenzuela. The cost of the luncheon is \$10 and tickets are available through Equal Opportunity offices. This educational event is sponsored by all Fort Sam Houston major commands in conjunction with Morale, Welfare and Recreation and the Equal Employment Opportunity office.

For more information, call Sgt. 1st Class Ricky Evans, Fort Sam Houston Garrison EO adviser at 295-0561 or Sgt. 1st Class Michelle Jones, Great Plains Regional Medical Command EO adviser at 295-2353. (Source: Contributions of Americans of Hispanic Heritage, www.neta.com)

Test your knowledge of Hispanic trivia:

- Who was the first Hispanic to win the Pulitzer Prize?
 - Oscar Hijuelos
 - Isabel Allende
 - Gary Soto
- This singer helped popularize folk music and has spent a lifetime promoting nonviolence and humanitarian causes.
 - Judy Baca
 - Joan Baez
 - Trini Lopez
- Luis Walter Alvarez won a Nobel Prize in:
 - Chemistry
 - Physics
 - Economics
- This nine-fingered guitarist has a devoted fan base and was honored with a Ben and Jerry’s ice cream flavor.
 - Ruben Blades
 - Carlos Santana
 - Jerry Garcia
- Who is the first Hispanic to have served in the U.S. Congress?
 - Melquiades Rafael
 - Martinez Henry Cisneros
 - Joseph Marion Hernandez

Visit factmonstor.com for more quizzes, puzzles and great facts on Hispanic Americans and their contributions to our country.

Answers: 1. Oscar Hijuelos 2. Joan Baez 3. Physics 4. Jerry Garcia 5. Joseph Marion Hernandez

7th Annual Tell-A-Friend Breast Cancer Awareness Luncheon



“Don’t Stall - Get a Mammogram”

Friday, 6 October 2006 at 1130

Mrs. America 2006 will share her personal experience with Breast Cancer.

St. Anthony Wyndham Grand Heritage Hotel 300 East Travis Street

Tickets: \$12.00

Purchase Deadline is the 22nd of September!

To purchase tickets call CPT Pauline Potter @ 916-1682, Susie Ferrise @ 916-2261 or Sandy Terrazzino @ 916-4457

October is National Breast Health Awareness Month. Because all women are at risk for developing breast cancer, BAMC and Fort Sam Houston are partnering once again with the local American Cancer Society to increase awareness of the importance of screening and early detection of breast cancer.

This year, the 7th Annual Breast Cancer Awareness Luncheon will be the kick-off event for a month long campaign to encourage women to quit stalling and get a mammogram. The luncheon will be held at the St. Anthony Wyndham Grand Heritage Hotel located at 300 East Travis Street.

Our guest speaker will be Mrs. America 2006, Andrea Preuss, who will share her personal experiences with breast cancer. Mayor Phil Hardberger will be on hand to proclaim October as Breast Cancer Awareness Month in San Antonio and the surrounding counties and will encourage women to get their mammograms.



Please join us at St. Anthony’s on 6 October 2006 at 1130 for this special event.

Don’t forget, you can help too! Tell-A-Friend!!!



IO research papers sought for competition

WASHINGTON — The Combined Arms Center at Fort Leavenworth, Kan., is accepting original research papers through Oct. 30 for its inaugural Information Operations Writing Competition.

Eligibility is open to anyone conducting research on issues related to information operations. Winners will be announced the first week of December, and awards range from \$250 to \$1,000 with publication in Military Review magazine.

Papers should not exceed 5,000 words though well-developed manuscripts exceeding this limit will be considered. Previously published papers, papers pending publication consideration and papers submitted to other competitions still pending announced decisions are ineligible. However, IO-related articles published in Military Review by Oct. 30 will automatically be entered in the competition. And, U.S. Army Command and General Staff College students who have submitted papers to the Gen. Douglas MacArthur Military Leadership Writing Competition may submit the same papers.

For more information, visit https://www.1stiocmd.army.mil/io_portal/Public/Pages/Public_Main.cfm or call Paul Tiberi, U.S. Army Information Operations proponent’s leader development, Education and Training Division, at 913-684-4475, DSN 552-4475 or via e-mail at paul.tiberi@us.army.mil.

(Source: Army News Service)




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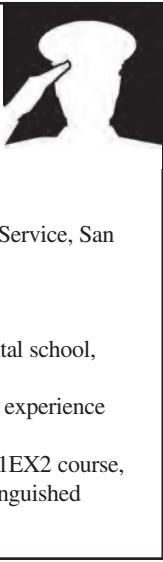
Troop Salute


187th Medical Battalion



Soldier of the Week

Name: Spc. Verny Dumpit
Unit: 307th Medical Company Dental Service, San Pablo, Calif.
Career Field: Dental
Time in Service: 11 months
Future Goals: To be accepted into dental school, graduate and become a dental officer.
Reason for joining the Army: For the experience and duty to country.
Latest accomplishment: Completed 91EX2 course, Preventive Dentistry Specialist, as Distinguished Honor Graduate.





Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.



FCC provider awarded childcare credential

By Donna Williams
Special to the News Leader

Sharitta Polite of Fort Sam Houston was recently awarded a Child Development Associate credential in recognition of her outstanding work with young children. The credential was awarded by the Council for Early Childhood Professional Recognition in Washington, D.C., which represents the early childhood profession.

Polite joins several other Family Child Care providers as a recipient of the CDA at Fort Sam Houston. The CDA is the only major national effort to improve childcare by evaluating and recognizing the skills of individuals providing care. The majority of the states and the District of Columbia include CDA in childcare licensing regulations.

Every candidate for the CDA credential is observed working with young children and is evaluated by a team, which includes early childhood experts and parents. The candidate must demonstrate the ability to work with families to develop children’s physical and intellectual capa-



Photo by Ruth Mitchell
Paul Matthew, director, Directorate of Morale, Welfare and Recreation presents Sharitta Polite her Child Development Associate credential in recognition of her outstanding work with young children.

bilities in a safe and healthy learning environment.
For more information on becoming an FCC provider, call 221-3828 or stop by the FCC Office located at 1630-A Sultan Road, behind the Youth Center.



Photo by Robbin Cresswell

Wounded warriors honor ‘Spirit of 9/11’

Sgt. Maverick Tufuli (right); Cpl. Patrick Myers (in wheelchair); Myers’ fiancée, Desire Farwell; and physical therapist Fred Jesse keep up with a group of Air Force basic trainees Sept. 9 in the Spirit of 9/11 5K Run/Walk on Lackland Air Force Base, Texas. Wounded warriors from the Global War on Terrorism recovering at Brooke Army Medical Center participated in the walk along with 2,700 military members and civilians.



Photo by Esther Garcia

Employee crochets flag

Maj. Gen. Russell Cwerz, commander, Army Medical Department Center and School and Fort Sam Houston, presents his commander’s coin to Ruthie Bartling, with Multimedia Branch, Department for Training Support, for her donation of the American flag to the school. Bartling said it took her about three months to crochet the flag. “This flag represents all of us. A lot of Soldiers have died for it,” said Bartling. The inscription on the plaque reads, “To let every Soldier know that they are appreciated for protecting our Nation.” The flag is located at the entrance of Willis Hall, Building 2840.

Fort Sam Soldiers earn spot on 2006 All Army Softball Team

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

Twenty-six Soldiers from various installations here and abroad converged on Fort Sam Houston Aug. 22 to begin the rigorous competition for a spot on the coveted 2006 All Army Men's Softball Team.

Two Soldiers from Fort Sam Houston were selected for the team: Sgt. 1st Class Deleanore Eggleston, of the 232nd Medical Brigade, who plays short stop position; and Staff Sgt. Thomas O'Dea, from the Noncommissioned Officer Academy, who plays first base and is a veteran of the team. This is the fifth time he has been chosen to be part of the team.

The tryouts began with tournaments Aug. 25 in Panama City, Fla., and three days of competition in September in Laughlin, Okla. While at Fort Sam Houston the team played against local and post teams to demonstrate their skills.

Sgt. Maj. Bruce Jessie, head coach, from Fort Sill, Okla., said he looks for discipline, attitude and teamwork first when making his selections for the team. "Then I look at ability and the softball aspects of it," he said.

The final team is currently in Eglin, Fla., competing



The 2006 All Army Men's Softball Team pose for a final group picture before heading to Eglin, Fla., to compete in the Armed Forces Championship.



Discipline, attitude and teamwork are three of the qualifications that made Sgt. 1st Class Deleanore Eggleston, from the 232nd Medical Battalion, stand out during the 2006 All Army Men's Softball Team tryouts at Fort Sam Houston.

for the Men's Armed Forces Softball Championship. Each branch of service, the Air Force, Marines and Navy, will play three games against each other. The team with the most wins receives the gold medal and the championship title.

The 2006 Army Softball Team includes: Sgt. 1st Class Deleanore Eggleston and Staff Sgt. Thomas S. O'Dea, Fort Sam Houston; Sgt. Johnny Valle, Staff Sgt. Frank Rivera, Sgt. 1st Class Ronald Perry and Sgt. David Moore, Fort Sill, Okla.; Sgt. 1st Class Terrence Demery, Staff Sgt. Jacob Jenkins and Staff Sgt. Daniel Davis, Fort Knox, Ky.; Sgt. Shawn Erdman, Fort Drum, N.Y.; Sgt. Eric Querry and Sgt. Stephan Rogers, Fort Hood, Texas; Sgt. 1st Class Dexter Avery, Camp Carroll, Korea; Pfc. Kenneth McCarthy, Fort Riley, Kan.; and Spc. James Cain, Tripler Army Medical Center, Hawaii.



Contenders for the 2006 All Army Men's Softball Team competed with several on and off post softball teams on Fort Sam Houston, which provides an opportunity for the head coach to watch them perform and determine who stays and who goes.

See ALL ARMY on Page 13

All Army

Continued from Page 12



Staff Sgt. Thomas O'Dea, Noncommissioned Officer Academy, a veteran of the All Army Men's Softball Team, has been chosen for the fifth time to be on the team for his skills at second base.

SPORTS BRIEFS . . .

'Buddy Walk' at Fort Sam

To celebrate Down Syndrome Awareness Month, the National Down Syndrome Society will sponsor a "Buddy Walk" Oct. 7 at the BG Johnson track at Fort Sam Houston. Walk day registration starts at 7 a.m. with entertainment and exhibitors. Opening ceremonies start at 8:30 a.m. and the walk begins at 9 a.m. Participants can pick up a T-shirt Sept. 30 between 9 a.m. and 1 p.m. at the Concordia Lutheran Church, 16801 Huebner. To register, visit www.dsasa.org.

Men's basketball team tryouts

Final tryouts for player positions on the post men's basketball team will be held through Friday at 6:30 p.m. at the Jimmy Brought Fitness Center. Call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Women's basketball team tryouts

Final tryouts for player positions on the post women's basketball team will be held through Friday at 6:30 p.m. at the Jimmy Brought Fitness Center. Call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Boxers, coaches needed for Brought III

The Jimmy Brought Fitness Center seeks boxers ages 17 and older and coaches to participate in Boxing at the Brought III. The event is Oct. 28 at 6 p.m. Boxers and coaches must be registered with USA Boxing and be training 30 days prior to the event. Pre-registration and pairing of boxers begins Sept. 28. For more information on USA Boxing registration and Boxing at the Brought III, call the Morale, Welfare and Recreation Sports Branch, Boxing Club at 221-1532 or 221-1342, or e-mail douglas.stanley@samhouston.army.mil or john.m.rodriguez1@samhouston.army.mil.

Instructors needed

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.

Adult baseball league forming

Teams are now forming for the 2007 baseball season; full teams are also welcome. Age brackets include 18, 28, 38, 48 and father-son ages 18 and older. The league is affiliated with the National Adult Baseball Association. Register Oct. 7 from 8 a.m. to 12 p.m. at Bain Field, located at the corner of Basse and McCullough roads in San Antonio. Registration fee is \$10. For information, visit jrotc450363@aol.com or call Wes Rogers at 479-6888 or 326-0212.

Intramural Fall Softball Standings

Sept. 14

| Team | Win | Loss |
|---------------|-----|------|
| ARNORTH | 5 | 0 |
| USARSO | 5 | 0 |
| 264th Med Bn | 3 | 3 |
| BAMC | 3 | 3 |
| MEPS | 2 | 3 |
| 470th MI | 2 | 3 |
| STB Renegades | 2 | 3 |
| 201st MI | 0 | 6 |

Intramural Flag Football Standings

Sept. 15

| Team | Win | Loss |
|--------------|-----|------|
| 187th Med Bn | 1 | 0 |
| 264th Med Bn | 1 | 0 |
| DENTAC | 1 | 1 |
| BAMC | 0 | 0 |
| BNCOC | 0 | 0 |
| USAREC | 0 | 0 |
| NCD | 0 | 0 |
| 201st MI | 0 | 0 |
| 232nd Med Bn | 0 | 2 |

National Cholesterol Education Awareness Month

Heart healthy habits can lower cholesterol

By Sue Manship
Brooke Army Medical Center

Cholesterol ... most adults are aware of the damage high blood cholesterol can do to the blood vessels that feed the heart and brain. Do you know your cholesterol level and do you practice lifestyle habits to keep it low?

Cholesterol is a major risk factor for heart disease and stroke, the No. 1 and No. 3 killers of Americans, according to the American Heart Association. So it's important to know your cholesterol numbers and keep them down.

September is National Cholesterol Education Awareness Month. It is the perfect opportunity for people to review, and more importantly, put into practice, habits that may save your life.

The American Heart Association's "2006 Diet and Lifestyle Recommendations" include the following tips:

Use at least as many calories as you take in

The Food Guide Pyramid interactive Web site (www.MyPyramid.gov) can help people determine the number of calories they require to maintain their weight or, if appropriate, lose weight. The next step is for people to assess how many calories they consume. A good place to start is by reading nutrition labels. Be sure to check the portion size listed on the top of the label. Activity and exercise help burn calories. Thirty minutes a day of physical activity will help people manage their weight as well as maintain physical and cardiovascular fitness.

Eat a variety of nutritious foods

Foods provide calories but it is important that the majority of the foods eaten give a nutrient "bang for the buck." Body systems need a balance of vitamins, minerals, fiber and other nutrients to perform at peak level. Foods from the fruit and vegetable group provide fiber, vitamins and minerals with a minimal calorie contribution. Whole grains also provide vitamins and minerals as well as fiber, which helps lower cholesterol and keeps people full — being full helps with weight management. Fish provides bodies with heart-healthy fats known as Omega-3 fatty acids. The American Heart Association recommends eating fish at least twice a week.

Eat fewer nutrient-poor foods

Limit foods and beverages high in fat and sugar. Choose lean meats, low-fat dairy products and products that do not contain trans-fats. Enjoy more fresh foods while limiting sodium to 2,300 milligrams per day. Limit intake of beverages high in sugar content. If alcohol is consumed, practice moderation. And, don't forget to manage portion sizes. This one habit can be a very effective way to manage calorie intake.

Try keeping a food journal for a week. Go back and evaluate eating habits. If changes are to be made, make the easy ones first. Then build on these changes. It's surprising how many modifications people can make over time.

Healthy nutrition and lifestyle habits can help everyone live a long and productive life.

For more information, visit the American Heart Association Web site at www.americanheart.org.

What is cholesterol?

To understand high blood cholesterol, it is important to know more about cholesterol.

- Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Bodies need some cholesterol to work the right way. The body makes all the cholesterol it needs.
- Cholesterol is also found in some foods.
- Bodies use cholesterol to make hormones, vitamin D and substances that help digest foods.

What is high blood cholesterol?

Too much cholesterol in the blood, or high blood cholesterol, can be serious. People with high blood cholesterol have a greater chance of getting heart disease. High blood cholesterol on its own does not cause symptoms, so many people are unaware that their cholesterol level is too high.

Cholesterol can build up on the walls of arteries, blood vessels that carry blood from the heart to other parts of the body. This buildup of cholesterol is called plaque. Over time, plaque can cause narrowing of the arteries. Narrowing of coronary arteries due to plaque can stop or slow down the flow of blood to the heart.

Some plaques have a thin covering and burst, releasing fat and cholesterol into the bloodstream. The release of fat and cholesterol may cause blood to clot and block the flow of blood. This blockage can cause angina or a heart attack.

Plaque and resulting health problems can also occur in arteries elsewhere in the body.

People can decrease their chance of having plaque burst and causing a heart attack by lowering their cholesterol level. Lowering cholesterol may also slow down, reduce or even stop plaque from building up.

(Source: National Heart, Lung and Blood Institute)

‘Stand by your pan,’ prevent cooking fires

How often has the doorbell rung or a child interrupted you while you were cooking, causing you to forget about the chicken left sizzling on the stove – until smoke filled the house?



If this scenario or a similar one hasn’t happened to you, it’s likely that a friend or family member has run the risk of a fire.

“I often talk to people about the ways they can stay safe in their homes,” said Terry Davis, assistant chief of the fire prevention section of Fort Sam Houston Fire and Emergency Services. “Too often, we have that talk after they’ve suffered a damaging fire.

“It’s my hope that people reading this won’t have to learn the hard way. If I could give just one fire warning, I’d say ‘stand by your pan.’”

Davis said people need to stand by their pans because cooking is the leading cause of home fires, according to the nonprofit National Fire Protection Association. The latest statistics from NFPA show that one out of every three home fires started in the kitchen, and more than 100,000 fires a year were related to cooking.

Fort Sam Houston is joining forces with NFPA and thousands of other fire departments across North America to commemorate Fire Prevention Week Oct. 8 to 14.

“The theme, ‘Prevent Cooking Fires – Watch What You Heat,’ reminds us that leaving cooking unattended and other unsafe kitchen practices are a recipe for disaster,” Davis said.

“Often when we’re called to a cooking-related fire, the residents tell us they only left the kitchen for a few minutes. Sadly, that’s all it takes for a dangerous fire to start.”

The bottom line, Davis said, is that there is really no safe period of time for the cook to step away from a hot stove. A few key points to remember from the NFPA:

- Stay in the kitchen when frying, grilling, broiling or boiling food. If you must leave the room, even for a short period of time, turn off the stove.
- When simmering, baking or roasting food, check it regularly, stay in the home and use a timer.
- Keep cooking areas clean and clear of combustibles, such as potholders, towels, rags, drapes and food packaging.
- Keep children away from cooking areas by enforcing a “kid-free zone” of 3 feet around the stove.
- If there is a fire in your microwave, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. If in doubt, get out of the home and call the fire department.
- Always keep an oven mitt and a lid nearby. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner and slide the pan off the burner. To keep the fire from restarting, do not remove the lid until it is completely cool. Never pour water on a grease fire. If the fire does not go out, get out of the home and call the fire department.
- If an oven fire starts, turn off the heat and keep the door closed to prevent flames from burning you or your clothing. If the fire does not go out, get out of the home and call the fire department.

A cooking fire can quickly turn deadly. “I have seen too many homes destroyed and people killed or injured by fires that could have been easily avoided,” Davis said. “Please heed these simple safety rules. Firefighters would like to be in your kitchen, but only when you invite us for dinner.”

(Source: Fort Sam Houston Fire and Emergency Services)

Family Day

One military family will win a trip to New York and a special dinner courtesy of a worldwide contest to draw attention to “Family Day – A Day to Eat Dinner with Your Children.”

Created by The National Center on Addiction and Substance Abuse at Columbia University, “Family Day” is the fourth Monday of September each year. This year it falls on Monday. According to CASA research, the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. And, they get better grades.

Commissary shoppers can go to the Defense Commissary Agency Web site at www.commissaries.com to access links to the contest, make a “symbolic” pledge to have a family dinner Monday, get more information about “Family Day” or find healthy recipes. The contest is open now through Sept. 30.

No matter where in the world you “serve” dinner...

Celebrate FAMILY DAY
A Day to Eat Dinner with your Children!™
Monday, September 25

PUT YOURSELF IN THE PICTURE



Get Together on Family Day
Includes the Budget September 25, 2006

A military family will win a trip to New York & a “healthy” dinner with a famous chef!

Find out more...
www.commissaries.com

Healthy Food
Healthy Savings
Healthy Family
...at your Commissary!!

Contest sponsored by and courtesy of the Military Sales Team of the Coca-Cola Co.



Fort Sam Houston Elementary students join the Healthy Heroes in singing and playing instruments Sept. 14 during the pep rally.

Team Health sponsors spirited pep rally for FSH Elementary students

Story and photos by Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Fort Sam Houston Elementary School students were treated to a Team Health and Healthy Heroes pep rally Sept. 14, as a reward for meeting the school-wide physical activity challenge.

The pep rally included sponsor and master of ceremonies, Rick Cavender, who also sang and played the guitar. The Healthy Heroes were the Spurs Coyote, Sea World's Shamu, H-E-B's H-E-Buddy, Express News' EN Eagle, and the Cancer Therapy Research Center Huggable T. Rabbit Bunny. The program emphasized healthy lifestyles, like eating habits, regular exercise and no smoking, and included two local physicians in a question-answer segment.

State Representative Ruth Jones-McClendon, District 120, made a personal appearance at the pep rally and encouraged students to live healthy lives through exercise and good nutrition.

Erin Darnauer, elementary student, said, "It was an exciting pep rally. My favorite character was the Spurs Coyote, and I think everyone had a good time."

Another student, Hunter Stankiewicz, stated, "This was so much fun."

Physical education teachers, Amy Cichon and Michelle Smith, brought the Team Health programs to Fort Sam Houston Elementary during the 2005-2006 school year. Cichon said, "This kind of activity will motivate our kids to be active, healthy human beings."

During the past 12 months, students and staff of FSH Elementary participated in an all-out walk-a-thon, wearing pedometers daily to measure and monitor physical activity. The goal was for all students and staff to participate in 30 minutes of daily physical activity. Activity levels were measured by the number of steps taken. Every student and staff member was given a pedometer to wear, and each participant logged an average of 10,000 steps per day. Eighty percent of the elementary school met the challenge.

Math activities were conducted reflecting



The Spurs Coyote thrills elementary students at the Team Health and Healthy Heroes pep rally Sept. 14. Students enjoyed the pep rally as a result of the great success of their "Walk with a Pedometer" program.

state curriculum objectives and using the data gathered. Classes and grade levels created graphs and charts from the logged steps per day, per week and per month. Daily announcements were made each morning about individual physical activity successes.

In 2001, the Cancer Therapy and Research Center launched an original, innovative Health Education and Lifestyle Program, known as HELP, for children. They teamed up with Sea World of San Antonio, H-E-B food stores, the San Antonio Express-News and the San Antonio Spurs Foundation to promote this innovative effort targeted to elementary school children to educate them to be health conscious in their daily lives. Collectively the program is called Team Health and the group of mascots are the Healthy Heroes. Goals are to educate and promote good health habits, attitudes and behaviors throughout elementary schools in Bexar, Bandera, Kendall and Comal counties in Texas.

Notice of public meeting to discuss FSHISD's state financial accountability rating

A public meeting of the Fort Sam Houston Independent School District Board of Trustees will be held Tuesday at 11 a.m. in the Professional Development Center, 1908 Winans Road, San Antonio. The purpose of the meeting is to inform the FSH school dis-

trict's community of its superior achievement rating based on School Financial Integrity Rating System of Texas. School FIRST is the Texas Education Agency's system developed to monitor and improve the management of the district's financial resources.

Cole routs archrival Randolph

By retired Lt. Col. Robert Hoffmann
Robert G. Cole Jr./Sr. High School

The Cole Cougar varsity football team scored early and often in a 31-7 “Patriot Bowl” victory over archrival Randolph High School Ro-Hawks in a game played Friday night at Cougar Stadium.

Sophomore Greg Washington added to his already magnificent season with three first-half touchdown runs and a total of 167 yards rushing. Backup running back Chauncy Holmes had a great game with 80 yards rushing and a touch-down. The Cougars are 3-0. Head coach is Larry Ransom and assistants include Howard Baer, Darrel Kurek, Eric Boehme and Brian Sotak.

The Cougars’ Homecoming is Friday at 7:30 p.m. The home game is against Navarro High School.



Courtesy photo
Cole running back Greg Washington scores the first of three touch-downs during the Cole vs. Randolph Ro-Hawks game Friday night.

Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your “wings.” Visit the Health Promotion Center, Room L31-9V, Brooke Army Medical Center, or call 916-3352 or 916-5538.



Fort Sam Houston Independent School District Weekly Campus Activities Monday through Sept. 30

Fort Sam Houston Elementary School

Monday
Texas Primary Reading Inventory test begins

Tuesday
FSHISD school board meeting in Professional Development Center, 11 a.m.

Wednesday
Early dismissal
Pre-kindergarten through fourth grade, 2 p.m.
Fifth and sixth grade, 2:30 p.m.

Sept. 29
Spirit day

Robert G. Cole Jr./Sr. High School

Tuesday
FSHISD school board meeting in Professional Development Center, 11 a.m.
Volleyball at Jourdanton, 5, 6 and 7 p.m.

Sept. 28
Junior varsity football at Centerpoint, 6 p.m.

Sept. 29
DECA Bowl-A-Thon
Volleyball at Cotulla, TBA
Varsity football at Centerpoint, 7:30 p.m.

Sept. 30
TMI cross country invitational at TMI High School, TBA

ARE YOU READY FOR SOME FOOTBALL?

Fort Sam Soldiers score tickets to Army vs. A&M game

By Esther Garcia

Fort Sam Houston Public Affairs Office

With bullhorn in hand and tickets by her side, Judith Markelz called out the names of Soldiers and their family members who had scored coveted tickets, courtesy of Bank of America, to the West Point Army vs. Texas A&M football game Saturday at the Alamodome.

Markelz is program coordinator of the Soldier and Family Assistance Center, located in the Powless Guest House.

The wounded Soldiers, assigned to Brooke Army Medical Center and their family members, were also invited to attend a pre-game tailgate party at the parking lot of the Sunset Station.

The tailgate party, sponsored by the Captain Scott Corwin Foundation, was in honor of Capt. Scott Corwin, a 1999 West Point graduate who served two tours in Iraq and was killed May 2004 in Savannah, Ga.

The Captain Scott Corwin Foundation was created by the family of the 1999 West Point graduate to honor their son and brother as a tribute to his zest for life, his service to his nation and his leadership.

"We wanted to help the military and the families," said Greg Corwin, Scott's father. "This is something Scott would have liked."

"We want to give back as much as we can for what the Soldiers have done for us. My brother would have liked



Photo by Daren Reehl

Army junior wide receiver Jeremy Trimble (#5) catches the ball and squeaks around the right side of the line for a gain of several yards during the AT&T Corps Classic Saturday.

this," said Jaime Corwin, Scott's sister.

The cookout included hamburgers, grilled chicken, hot dogs, potato and coleslaw salads. Members of the foundation also gave out free Army T-shirts and hats.

Mule, the Army team mascot, with members of the West Point Army Spirit Band, made a surprise visit and performed for the wounded Soldiers.

Following the party, everyone joined the more than 64,000 Army and Aggie fans inside the Alamodome to watch the game. This was the largest crowd to witness a regular season college football game at the Alamodome, and the eighth largest football crowd all-time in Alamodome history.

Texas A&M took a 7-0 lead. The game, which featured three ties, ended with

the Aggies winning by five points, 29-24. The end came when Texas A&M's defense stopped Tony Moore on a third-and-goal play with nine seconds remaining.

Prior to the game, more than 600 U.S. Military Academy Cadets, 200 III Corp Soldiers from Fort Hood, Texas, and 1,500 Texas A&M University cadets participated in a march through San Antonio.

Half-time entertainment included the U.S. Army Military Academy Band and the Texas A&M University band.

Gen. Richard Cody, vice chief of staff of the Army, read the oath of enlistment to more than 20 future Soldiers on the field. He took time out to stop by the stands to visit with the wounded Soldiers from BAMC who were attending the game.

Cody also visited BAMC earlier in the day to present Purple Heart medals to wounded Soldiers and visit Soldiers on the wards.

"Outstanding football game. All the Soldiers really enjoyed themselves and the game. Can't wait till the next one comes around," said Sgt. 1st Class Stephen Welch, from the 32nd Medical Brigade. Three hundred initial entry students from Fort Sam Houston attending medical training with the 32nd Medical Brigade attended the game courtesy of West Point.



Photo by Esther Garcia

Waving "Go Army cards," students attending medical training at Fort Sam Houston root for their team at the Army vs. Texas A&M football game Saturday at the Alamodome. At center are Col. John Cook, commander, 32nd Medical Brigade, and Lt. Col. Brian Kueter, 232nd Medical Battalion commander.



Photo by Esther Garcia

The Texas A&M University Aggie Band, with more than 500 members, perform intricate marches on the field, including the famous outline "T" for Texas.



Photo by Lauren Hall

Thirty future Soldiers from the San Antonio area "swear-in" to the Army during a ceremony on the field of the Alamodome Saturday, before the start of the West Point Army vs. Texas A&M football game. The Oath of Enlistment was administered by Army Vice Chief of Staff Gen. Richard Cody in front of a sell-out crowd of 64,583, the eighth largest crowd ever to attend any event at the Alamodome and the largest crowd ever for a regular season college football game.



Photos by Esther Garcia
(Above) Members of the West Point Army Spirit Band perform for the wounded Soldiers at Sunset Station prior to the game.

(Left) Maj. Gen. Robert Lennox, commander, Fort Bliss, El Paso, Texas, and his wife, Jenny (center), visit with Spc. Nick Ganser at the pre-game tailgate party held at Sunset Station prior to the Army vs. Texas A&M football game as mom, Lori, looks on.



Photo by Esther Garcia
West Point Army football team members provided an autographed banner to the Soldiers who are currently receiving treatment at Brooke Army Medical Center for wounds received supporting operations Iraqi and Enduring Freedom. The presentation was made by Greg Corwin, founder of the Captain Scott Corwin Foundation.



Photo by Esther Garcia
Soldiers and their families enjoy the pre-game tailgate party at Sunset Station, sponsored by the Captain Scott Corwin Foundation.



(From left) Jamie; sister, Emily Corwin; Judith Markelz, program coordinator, Soldier and Family Assistance Center; and Greg Corwin enjoy themselves at the pre-game tailgate party. The Corwin family sponsored the party in honor of their son Capt. Scott Corwin, who served two tours in Iraq but was killed in May 2004 in Savannah, Ga.

Photo by Esther Garcia



Photo by Lisa Camarigg
Maj. Gen. Thomas Bostick, commanding general of the United States Army Recruiting Command, climbed his way to the top of the Army's rock climbing wall before the Army vs. Texas A&M football game Saturday at the Alamodome. Army recruiters had the rock wall set up in front of the Alamodome, along with the Army Game, the Army's Orange County Chopper and H-3, at the interactive area set up for enthusiastic game-goers.

A member of the Captain Scott Corwin Foundation presents an Army T-shirt to Pfc. Joseph Alfred at the pre-game tailgate party held at the Sunset Station.



Photo by Esther Garcia

PostPulse:

Hispanic Heritage Month is celebrated Sept. 15 to Oct. 15.

What is your favorite part of Hispanic culture?



"I love Mexican food and the culture. I grew up on it here."

Tammi Ward



"The food and the culture; I come from a Hispanic family and I enjoy the traditions."

Navy Senior Chief Petty Officer David Macias



"My favorite part is the food, like my mom's homemade tortillas."

Loriana Contreras



"I love the food and traditions. I love to eat, so I like trying new foods from different cultures."

Chaplain (Capt.) Dwight Broedel

Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg

Shabbat

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Troop Catholic Mass:

11 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Gospel Service:

9:45 a.m. - 32nd Med. Bde. Soldiers - Sundays

Troop Protestant Service: 8:30 a.m. - 32nd Med.

Bde. Soldiers - Sundays

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Service: 12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Collective Gospel Protestant -

Sundays

9:30 to 11:30 a.m. - Women’s Bible Study

(PWOC) - Wednesdays, child care is provided.

Samoan Protestant Service: 8:30 a.m. - Sundays

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children’s Religious Education -

Sundays

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon Service: 9:30 to 11:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

Installation Chaplain’s Office, Building 2530, 295-2096

Contemporary service: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

RELIGIOUS HAPPENINGS . . .

Protestant Women of the Chapel

The Protestant Women of the Chapel meet Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m at the Dodd Field Chapel. Childcare is provided for up to age 5. Visitors are welcome. For more information, call Lois Griffith at 226-1295 or visit www.samhouston.army.mil/chaplain/pwoc.



Catholic religious education registration

Registration for Catholic religious education for children, first holy communion and confirmation classes is now in progress. Classes begin Sunday. To enroll a child or for more information, call Brian Merry at 221 5006 or e-mail brian.merry@samhouston.army.mil.

Catholic Women of the Chapel

The Catholic Women of the Chapel will meet each Friday of the month at Dodd Field Chapel for programs, fellowship and enrichment studies. For the first Friday of the month, activities begin with a rosary at 8:30 a.m. Mass at 9 a.m., and program at 9:30 a.m. The following Friday events begin at 9 a.m. with fellowship followed by enrichment studies. Two studies will be offered: “Precious as Silver, Imagining your life with God” by Bishop Niederauer; and “Parenting with Grace, a Catholic parents’ guide to raising almost perfect kids” by Gregory Popcak. Childcare will be provided. For more information, call Kate Schupbach at 212-7842.

Fall Bible studies for OCF

The Fort Sam Houston Officers’ Christian Fellowship will host Bible studies Oct. 15 and 22; Nov. 5 and 19; and Dec. 3 and 17. Studies will be held from 6 to 7:30 p.m. at 1008 Gorgas Circle, Fort Sam Houston, followed by dessert. Nov. 5 will be a potluck dinner and study. For more information, call Lt. Col. Bob Griffith at 221-6740 or 385-8451 or e-mail robert.griffith1@amedd.army.mil.

High Holy Day services

- The Jewish congregation’s High Holy Day services will be held on the following dates:
- Rosh Hashanah services - Friday at 8 p.m., Saturday at 9 a.m. and 8 p.m., and Sunday at 9 a.m.
 - Shabbat Shuvah – Sept. 29 at 8 p.m.
 - Kil Nidre – Oct. 1 at 6:30 p.m.
 - Yom Kippur – Oct. 2 at 9 a.m.
- Services will be held at the Main Post Chapel, Building 2200 on Wilson Street. For more information, call 493-6660, 379-8666 or 385-8666.

Career Clips

Special care resident assistant, Hollywood Park - Conducts the activity program while delivering care and facilitating events; assists residents with activities of daily living; and observes any changes in residents’ conditions. Must be able to communicate effectively with residents, families, staff, community officials and the general public.

Laboratory research technician, San Antonio - Provides technical lab support; assists with animal surgeries and sample collections; performs a variety of biochemical procedures; provides maintenance of research and records; maintains database; and performs basic computations.

Retirement plan coordinator, San Antonio - In-depth knowledge of the 401K industry with a working knowledge of qualified plan requirements and testing criteria; plan design and implementation processes and compliance requirements; knowledge of software applications such as Microsoft Word and Excel; and experience in the financial, mutual fund or recordkeeping industry.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.

MWR hotline

Information about MWR events, activities and programs is available 24 hours a day at 295-3697 or visit www.fortsamhoustonmwr.com.

COMMUNITY RECREATION

2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Oct. 21 from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and includes a 5K, 10K and 2-mile run or walk. Other activities include a parade, arts and crafts fair, live entertainment, games, contests and children’s activities. For the first time, the festival will include a barbecue cook-off, “Funniest Soldier on Post” competition and a dance contest.

If interested in participating in the Combat Medic Fest, contact the following for registration information:

| Activity | Contact |
|--------------------------------------|------------------------------------------------------|
| • Food vendor | 221-5224 |
| • Barbecue cook-off | 221-5224 |
| • Arts and crafts fair | 221-5224 |
| • Parade | 221-3185 |
| • “Funniest Soldier on Post” contest | 221-1532 or 221-1234 |
| • Combat Medic Run | www.iaapweb.com |

For more information on event activities, call 221-3003. The Combat Medic Fest is sponsored by DeVry University, Ford, First Command Financial Planning, Y100 FM, Z106.7 FM, Century 21, Rudy’s Bar-B-Q and Miller Lite.

Free Judo classes

Free Judo classes are held at the Jimmy Brought Fitness Center every Saturday from 10 to 11:30 a.m. For more information, call Carl Johansen at 279-1742.

FSH Army Dillo

The Fort Sam Houston Army Dillo half marathon and relay will be held Sunday at 7:30 a.m. at the Brigade Gym. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Bow hunting season opens

Bow hunting season opens Sept. 30 at Camp Bullis. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Party pavilion at Canyon Lake

The Fort Sam Houston Recreation Center at Canyon Lake has an outdoor setting with the amenities suited for special occasions. A 42-foot by 52-foot covered pavilion situated in a private wooded area overlooks the lake. The pavilion is an ideal venue for a special event such as a wedding, anniversary party, family reunion, instructional class or hail and farewell. Area features include grill stations, picnic tables, fire rings, restrooms, children’s play area, electricity, water and swimming access, and is handicap accessible. For more information, call the Canyon Lake Recreation Center at 830-226-5357.

A/C service

Air condition service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified AC technician on staff with 30 years of experience. The cost is \$30 for AC service. Freon, oil and environmental fee are extra. A \$5 off coupon for AC service is available from various Morale, Welfare and Recreation facilities; visit the Auto Craft Shop Web site

at www.fortsamhoustonmwr.com. No appointment is needed. For more information, call 221-3962.

Equestrian Center trail rides

One-hour trail rides are offered at the Equestrian Center Saturdays and Sundays to individuals over 7 years old. Children younger than 12 years old must be accompanied by a parent. The cost is \$20 per person. First trail ride begins at 8:30 a.m.; the last ride is at 2 p.m. Pony rides are available Saturdays and Sundays from 10 a.m. to 2 p.m. for children 6 years old and younger. Parent leads pony. The cost is \$5 per child. For more information, call 224-7207.

Therapeutic massage

Therapeutic massage is available at the Jimmy Brought Fitness Center by appointment only Mondays through Fridays from 8 a.m. to 8:30 p.m. and Saturdays and Sundays from 8 a.m. to 5:30 p.m. Services include neuromuscular therapy, lymph drainage therapy, decongestive physiotherapy, Swedish massage, Reiki, herbal body wraps, hot stone massage and Myoskeletal Alignment Techniques. For more information or to make an appointment, call Theresa Medellin at 221-9915 or 710-7457 or Douglas Stafford at 710-7925.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

‘Welcome to the Neighborhood’

The Sam Houston Club and Lincoln Military Housing will host a “Welcome to the Neighborhood” party Friday at 4:30 p.m. at the Sam Houston Club. Free food, musical entertainment by a disc jockey and door prizes will be provided. The evening will conclude with a presentation to the winner of the grand prize drawing. This event is open to the public and sponsored by Brook Owens of Keller Williams Realty, Clarence Wooten Jr., DBA Primerica Financial Services and Insley Evans of KE & Associates. For more information, call 224-2721.

Lunch on the run

The Sam Houston Club offers lunch to go. Customers can select take-out items from the deluxe salad bar for \$4.95 or the buffet bar for \$6.95. Delivery service is also available with a minimum of 10 orders required. For more information, call 224-2721.

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. The next brunch will be held Oct. 1 and will feature a kids’ meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Big Bucks Bingo

A guaranteed pool of \$10,300 prize money is up for grabs at Big Bucks Bingo Oct. 7 at the Sam Houston Club. Early bird start is at 10:30 a.m. Buy packs early to be eligible for door prizes. For more information, call 224-2721.

Bowling Center, 221-3683

Winter league bowlers needed

Winter league bowlers are needed at the Fort Sam Houston Bowling Center. Leagues include the ladies trio handicap, mixed four-person team, short season trio mixed handicap, seniors mixed five-person team, Roadrunners trio mixed handicap, Thursday niters mixed four-person team, men’s post five-man teams handicap, guys and dolls mixed four-person team and the Christian fellowship mixed four-person team. Team and individual players are welcome. For more information, call 221-3683.

Bowl-A-Jam 7 at 7

Customers can enjoy Bowl-A-Jam for only \$7 Saturday

from 7 to 10 p.m. at the Fort Sam Houston Bowling Center. Players receive unlimited bowling, shoe rental, T-shirts (while supplies last) and an order of fries (one per lane). Bowl to glow-ing lights and the sound of music provided by an on-site disc jockey. Register to win the evening’s grand prize drawing for a free bowling ball. The event is sponsored by First Command Financial Planning and Home Depot.

Rent-A-Lane Bowling Special

The Fort Sam Houston Bowling Center offers a Rent-A-Lane special Tuesdays from 5 to 8:45 p.m. The cost is \$20 per lane which includes unlimited bowling and shoe rentals. The offer is available to groups up to eight people. For more information, call 221-3683.

Unlimited bowling Friday nights

Receive unlimited bowling every Friday night from 9 p.m. to 12 a.m. for only \$5.95 at the bowling center. For more information, call 221-3683.

Eighties Day

Enjoy 80 cent bowling and 80 cent shoe rental every Sunday from 2 to 8:30 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3683.

Bumpers and gutters

Bumpers and gutters have been installed at the Fort Sam Houston Bowling Center. Now bowling novices can enjoy playing alongside experienced bowlers. Bumpers can retract from player to player in a group or family to adjust to individual skill levels and have flashing lights that glow in the dark. It is the perfect addition to bowling parties for kids. For more information, call 221-3683.

Golf Club, 221-4388

Junior golf lessons

Junior golf lessons are held Saturdays from 9 to 10 a.m. at the Fort Sam Houston Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of experience. The cost is \$7. For more information or to register, call 355-5429.

Harlequin Dinner Theatre, 222-9694

The romantic comedy “The Rainmaker,” by N. Richard Nash, will play at the Harlequin Dinner Theatre through Sept. 30. Performance tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. The house opens for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

MWR ticket office, 226-1663

Tickets are on sale at the MWR Ticket Office, located inside the Sam Houston Club, for popular local attractions and events as well as for out-of-state theme parks. Get San Antonio Speedway tickets for \$6 through Oct. 21. The MWR Ticket Office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. The office is closed Saturdays and Mondays. For more information, call 226-1663.

Coushatta casino resort trip

The MWR Ticket Office and the Sam Houston Club are sponsoring a trip to Coushatta Casino Resort in Kinder, La. The bus departs from the Sam Houston Club Oct. 10 at 7 a.m. and returns Oct. 11 at 10 p.m. The cost is \$44.95 per person and includes motorcoach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$23 coupon for the casino. Tickets are available at the ticket office. For more information, call 226-1663 or 224-2721.

CHILD AND YOUTH SERVICES

Care packages for Soldiers

The youth Services Middle School Teen program will take donations for a community service project. The youth will prepare care packages to send to Soldiers overseas. Donations can be made at the Youth Center, Building 1630, from 10 a.m. to 8 p.m. Monday through Friday and Saturdays from 3 to 10 p.m. A list of suggested items is available at the Youth Center. Suggested donation items include: granola bars, cereal in single size servings, personal hygiene articles, individual-sized servings of soups and entrée pop-top cans, travel-size games, DVD movies and pens and paper. For more information, call the Youth Center at 221-3502 or pick up a list at the center.

Before and after school registration

Register youth for the before and after

school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth’s Social Security number.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

Off-post childcare options

The Army Child Care in Your

Neighborhood program offers military families more childcare options in the local community. There are two childcare centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information or to inquire about childcare, call Family Service Association at 299-2480 or Fort Sam Houston Central Registration at 221-4871 or 221-1723.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Oct. 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff and learn of upcoming events and parent

education opportunities.

Home-based childcare

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Hourly childcare

Child and Youth Services provides hourly care for patrons seeking intermittent childcare. Patrons must be registered with CYS. Care is based on availability and must be reserved in advance. For more information, call Central Registration at 221-4871 or 221-1723.

Events

Country, gospel music show

A country jamboree, country and gospel music show is presented the second Monday of each month from 7 to 10 p.m. at the Seguin-Guadalupe County Coliseum, 810 S. Guadalupe St. in Seguin, Texas. Admission is free for all active duty military personnel who present ID cards. For all others, admission is \$6, with children under 12 free. For more information, call Horace or Linda Comfort at 512-392-1545 or visit www.lonestarjamboree.com.

Author to sign books at AMEDD

Kathi Jackson will sign copies of her new book, “They Called Them Angels, American Military Nurses of World War II,” today at 3 p.m. at the Army Medical Department Museum gift shop on Harry Wurzbach and Stanley roads, Building 1046. A lecture and reception will follow at 5 p.m. in the museum auditorium. For more information, call Cheryl Musket at 225-0015.

Lackland Air Force Base walk

Lackland Air Force Base will host the Global Volksmarch, a 10K and 5K walk, Saturday beginning at the Lackland Outdoor Adventure Center, 309 Westover St., Building 871. For more information, call Joshua Daniels at 925-7159, e-mail joshua.daniels@lackland.af.mil or visit www.lacklandservices.com/.

Kerrville Lions Camp walk

The Kerrville Trailblazers Volksmarch Club will host two 10K walks and a 5K walk Saturday and Sunday at the Lions Club Camp, 4100 San Antonio Highway in Kerrville, Texas. For more information, call Edna Platte at 830-257-2185, e-mail platte@ktc.com or visit www.walk-tx.org/KerrvilleTrailblazers/.

Retired Officers’ Wives,Widows Club

The San Antonio area Retired Officers’ Wives and Widows Club will meet Monday at 11 a.m. at the Sam Houston Club. The program will include a fashion show by Inca Boutique and Renaissance Fine Jewelry. For reservations, call Arline at 822-6559.

Auditions for ‘Season’s Greetings’

The Harlequin Dinner Theatre will hold open auditions Monday and Tuesday from 7 to 8:30 p.m. for “Season’s Greetings,” a comedy by Alan Ayckbourn with Art Peden directing. There are roles for five men and four women, ranging in age from mid-20s to about 60. Other volunteers are needed as assistant director, stage manager, light and sound technicians, props and stage crew. Performances will be held Wednesday through Saturday evenings from Nov. 15 through Dec. 16. For direction to the theater or more information, call the Harlequin Dinner Theatre at 222-9694.

San Antonio walking tour

The Army Community Service Relocation Program and the United Service Organizations will conduct a walking tour Sept. 28 from 8:45 a.m. to 1 p.m. through downtown San Antonio. Participants will meet at the Roadrunner Community Center, Building 2797 on Stanley Road. Transportation will be provided. The tour includes the Riverwalk, the Alamo, Hemisfair Plaza and La Villita. Lunch will be along the Riverwalk and costs about \$8 to \$10. Participants may choose to bring a sack lunch. Register at the Newcomers’ Extravaganza Tuesday or call 221-2418.

Military Officers Association picnic

The Military Officers Association of America, Alamo Chapter, will sponsor a picnic and steak fry Sept. 28 at 5:30 p.m. at the Randolph Air Force Base Officers Club pool patio. The cost of is \$16. Tickets can also be purchased at the picnic, but advance reservations are requested. Visitors are welcome. For reservations, call 228-9955 or visit moaa-sbcglobal.net.

Gardens by Moonlight

The San Antonio Botanical Society will host Gardens by Moonlight at the San Antonio Botanical Garden Sept. 30 from 7 to 11 p.m. Tickets are \$12 in advance or \$15 at the gate and will be on sale at Starbucks. To reserve a table for 10 guests, call 829-5360. For more information, visit www.sabot.org.

VFW Post 8111 to sell lunch plates

The Veterans of Foreign Wars, Post 8111, located at 335 Austin Road next to the Wooden Nickel, will sell lunch plates Sept. 29 from 11 a.m. to 4 p.m. The cost is \$6 per plate and includes pork chop, rice, mixed vegetables and bread.

KLRN Women’s Health Conference

San Antonio’s own Heloise will serve as keynote speaker at KLRN’s Women’s Health Conference Sept. 30 from 7:30 a.m. to 2:30 p.m. at the Henry B. Gonzalez Convention Center, 200 E. Market Street in San Antonio. The conference cost is \$45 and includes a full day of informative speakers, as well as breakout sessions, health screenings, a continental breakfast, a formal luncheon and a canvas gift bag. For tickets, visit the nearest H-E-B store, call 270-9000 or 800-627-8193, or visit klrn.org.

Brooks City Base walk

Brooks City Base will host the U.S. Air Force Global Volksmarch, a 10K and a 5K walk Sept. 30. The volksmarch will begin between 8 and 11 a.m. at the base picnic area, Pavilion No. 1, located at 2260 Jernigan Road, and finish by 3 p.m. For more information, call Larry Flores or Laura Martinez at 536-2881 or e-mail larry.flores@brooks.af.mil.

Spirits of San Antonio tour

Docia Williams, author of a number of books on ghosts, including “The History and Mystery of the Menger Hotel,” will conduct a bus tour of some of San Antonio’s most “spirited” places Oct. 6 beginning at 7 p.m. Participants will hear of local hauntings as they stop at the Spanish Governor’s Palace, the Menger Hotel and the Bullis House. The cost is \$52. Registration deadline is Friday. For more information, visit www.communityed.neisd.net or call North East Community Education at 657-8866.

Jayhawks Bn. alumni reunion

The Jayhawk Battalion Alumni Association will host the second annual alumni homecoming Oct. 7 at the University of Kansas Military Science Building. Events include the Wall of Fame induction ceremony, awarding of JBAA scholarships, cadet demonstrations, a Kansas Army ROTC history display and refreshments. Former cadets of the university and its cross-enrolled schools, family members and supporters are invited. For more information, visit <http://www.armyrotc.ku.edu> or e-mail Henry.David.Pendleton@us.army.mil.

VFW Post 8541 ‘Picker’s Picnic’

The Veterans of Foreign Wars, Post 8541, 2222 Austin Highway, will sponsor the annual “Picker’s Picnic” Oct. 8 from 12 p.m. to midnight. Proceeds will benefit the Fisher Houses. Veterans past or present and guests are welcome. For more information, visit <http://www.vfwpost8541.org>.

Fisher House, Inc. gala, silent auction

The Fisher House, Inc. gala and silent auction will be held Oct. 28 from 6:30 to 10 p.m. at the Marriott Riverwalk Hotel. Entertainment will be provided by the Sentimental Journey Orchestra and dress is business attire. For ticket information or to sponsor a table, call 673-7500.

Meetings

Native Plant Society meeting

The Native Plant Society of Texas, San Antonio Chapter, will meet Tuesday at 7

p.m. at the Lions Field Adult Center, 2809 Broadway at E. Mulberry in San Antonio. The guest speaker, Dr. Floyd Waller, will discuss “Our Texas cactus.” A social gathering and a seed and plant exchange will begin at 6:30 p.m. Visitors are welcome. For more information, call 733-0034 or visit www.npsot.org/SanAntonio.

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officers Association meets on the third Monday of the month at 7 p.m. at VFW Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout 590-2642 or e-mail bstrout@texas.net, or Suzan Farrell 378-0422 or e-mail suzan.farrell@us.army.mil.

SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, will conduct a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil, or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

BAMC chess club

The Brooke Army Medical Center chess club meets Mondays from 4:30 to 7 p.m. in the BAMC Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 557-2477 or e-mail michael.veri@cen.amedd.army.mil.

Training

Calling all unit commanders

The next Family Readiness Group leadership training and workshop will be held today from 8:30 a.m. to 3:30 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. Commanders are encouraged to send new FRG and key personnel, FRG leaders and unit liaisons to FRG leadership training. To schedule a briefing at the unit or at Army Community Service or to sign up for FRG leadership training, call Jutta Aviles at 221-0946.

Army Family Team Building Level 1

An Army Family Team Building Level 1 class will be held Monday from 8:30 a.m. to 3:30 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. The class topics include: What are those acronyms? What’s an LES? and What can I expect from Army life? For more information or to sign up, call 221-9821 or 221 2705.

Free workshop

The Human Relations Equal Employment Office, Special Emphasis Programs Committee, will sponsor a free workshop Wednesday from 8 a.m. to 12 p.m. at the Sam Houston Club. The topic is Job Performance and Employment Longevity and features Capt. Pauline Potter. The workshop will include hands-on practice in reading food labels, figuring actual dietary needs and portions and how the body uses resources to get and stay healthy. To register, call Phyllis Bergen at 221-7070 or e-mail Phyllis.Bergen@amedd.army.mil.

Thrift Savings Plan seminar

A Thrift Savings Plan seminar will be held Wednesday from 2 to 4 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. For more information or to register, call Lydia Rodriguez at 221-1612.

Voice, diction class

Gary Blohm, veteran West Coast actor

and television producer, will teach a two-week class on voice and diction skills at Alamo Heights High School Tuesday at 6:30 p.m. He will discuss how to modulate and project the voice, how to enunciate clearly, pronounce correctly and reduce an accent if desired. For more information or to register, call 657-8866 or visit www.communityed.neisd.net.

Undergraduate evening studies

St. Mary’s University will have a representative available for appointments Wednesdays and Thursdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360. For information on undergraduate admission to St. Mary’s, call the Office of Evening Studies at 436-3215 or e-mail evst@stmarytx.edu. For information on graduate admission, call 436-3214 or visit <http://www.stmarytx.edu/eveningstudies>.

Computer certification

St. Mary’s University and New Horizons Computer Learning Center will be available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit <http://www.stmarytx.edu/continuingstudies/>.

Volunteer

VFW, District 20 fair, blood drive

The Veterans of Foreign Wars, District 20, will host a health fair and blood drive Saturday at Mission County Park, 6030 Padre Drive in San Antonio. The event will feature a POW/MIA ceremony at 2 p.m., a blood drive, free fingerprinting for the children, a car club display and music. A barbecue plate will be sold from 12 to 6 p.m. for a \$6 donation. Tickets will be available at the door. A free health fair will be held from 1 to 3 p.m. The public is invited. For more information, call Sylvia Sanchez at 684-7964 or e-mail Henrysylvia3@hotmail.com.

Volunteer open house

The Fort Sam Houston Army Family Team Building program invites all master trainers and AFTB instructors in the San Antonio area to an information open house Sept. 29 from 9:30 to 11 a.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. Learn what is happening at Fort Sam Houston with AFTB. Participants must be an active volunteer with the program to attend. For more information, call Sue York at 221-9821 or 221-2705.

Girl Scouts need volunteers

Girl Scouts in the San Antonio area is looking for adult volunteers to become troop leaders, event planners and board members for the Cole service unit located on Fort Sam Houston. Volunteers are needed to help build girls with courage, confidence and character, who will make the world a better place. People with a particular interest or talent could make a big difference in the life of a young girl. Volunteers do not have to have a daughter to help. For more information, call Sandi Juni at 257-9319 or Maria Forte at 221-6277.

USO seeks volunteers

The United Service Organizations in downtown San Antonio needs volunteers between 9 a.m. and 7 p.m. Volunteers will greet guests, cook and serve meals, assist with the information desk, check out games and provide people with directions around the downtown area. Hospitality is provided to all service members and their families, especially during lunch when volunteers are encouraged to eat with guests and engage them in conversation. The USO Airport location also seeks volunteers to assist with coordinating transportation to local military installations, hotels, provide maps of the city, as well as refreshments and entertainment for visitors passing through San Antonio. To volunteer, call Luis Sandoval at 227-9373, ext. 11 or visit www.alamouso.org.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: 1986 Porsche 944, in excellent condition, \$3,750. Call 325-3657 or 659-7233.

For Sale: Whirlpool refrigerator, seven years old, in excellent condition, \$250; lawn mower, three years old, runs, in good condition, \$55; motorized remote controlled M-5 Stuart Tank, one-sixth scale, \$85; 100-pound boxing bag, complete with hanging stand and some equipment, in great condition, \$75. Call 478-0322.

For Sale: Cover for 21-foot travel trailer, never used, \$150 obo; class III trailer hitch (draw tite), fits 2002 and 2003 Ford Explorer, Mountaineer or Aviator, \$75 obo. Call 655-5016.

For Sale: One pet door insert for a sliding glass door, \$25; Department 56 Dicken’s Village collection, mostly retired pieces, many houses and accessories, all or single sales will be considered; sports card collection: baseball, football,

basketball and hockey. Call 265-3140.

For Sale: Aluminum rims with tires for Ford pickup, 16 by 7 inches, includes suspension parts, \$450. Call 822-9646.

For Sale: Full-size bedroom set, includes headboard, footboard, mattress, box spring, nightstand, dresser with mirror, desk with hutch and chair, in great condition, \$600 obo. Call 262-5501.

For Sale: Bundy Selmer flute, new case and pads, in great condition, \$100 obo. Call 821-5479.

For Sale: 1998 Itasca Class C 460 Ford motor home, three-year warranty, all new transmission, brakes, tires, upholstery, 55K miles, in great condition, \$25,500 obo. Call 259-9502 or 648-8698.

For Sale: Satellite phone, \$100; Technics piano, \$500. Call 320-0493.

For Sale: Pillow-back couch and love seat,

in good condition, \$150. Call 566-9520.

For Sale: Drum set, Yamaha stage custom, five-piece, two cymbals, cymbal stands, throne and cases, \$600. Call 336-6099.

For Sale: 1982 Coachman trailer, 22 feet, newly renovated, \$3,000. Call Nino at 667-3458.

For Sale: Amana refrigerator, 25 cubic feet, icemaker, \$200 obo; RCA 120-watt, five-speaker home theater with Kenwood powered subwoofer, \$40 obo; refrigerator, 3 cubic feet, \$15. Call 383-0904.

For Sale: 1998 specialized FSR Extreme full suspension mountain bike with Easton Monkey light bars, Alien titanium seat post, frog pedals, tons of extras, in good condition, \$1,000 obo; will consider trade for quality O/U shotgun. Call 945-7627.

For Sale: Broyhill wood dining table, \$70; men’s bowling ball, \$5; corner TV stand, \$60;

small rocker, \$15; walking stroller, \$10. Call 656-7840.

For Sale: 1988 Ford Aerostar, 115K miles, needs battery, \$400; Yamaha keyboard, 61 keys, \$50; 7.5-foot Christmas tree, \$35; high chair, infant car seat, rocker, walker, bouncer, all for \$50. Call 705-2727, leave a message.

For Sale: Purple dish chair, \$20; three-piece stereo, AM/FM, cassette, CD, \$15; Adams GT driver, \$40; Affinity 60 deg lob wedge, \$15; golf pull cart and golf swing trainer, \$15 each. Call 697-9261 or 363-4056.

For Sale: 2001 Ford F150 Supercrew King Ranch, burgundy and gold, 92K miles mostly highway loaded, 5.4 liter engine, topper and hard tonneau cover, bed liner rug, tow package, heated saddle leather bucket seats, six CD disc changer, bug guard, window valances, lighted visor and running boards, \$16,750 obo. Call Kenny at 557-4586.